

Physical Activity



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KSC/CCAFS Health Education and Wellness Program

Jessica Crews, BS

Kris S. Calderon, PhD, CHES

Introduction

Adults need recess too! With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. For many people, before or after work or meals is often an available time to cycle, walk, or play. Think about your weekly or daily schedule and look for or make opportunities to be more active. Every little bit helps.

There are 1440 minutes in every day... Schedule 30 of them for physical activity.

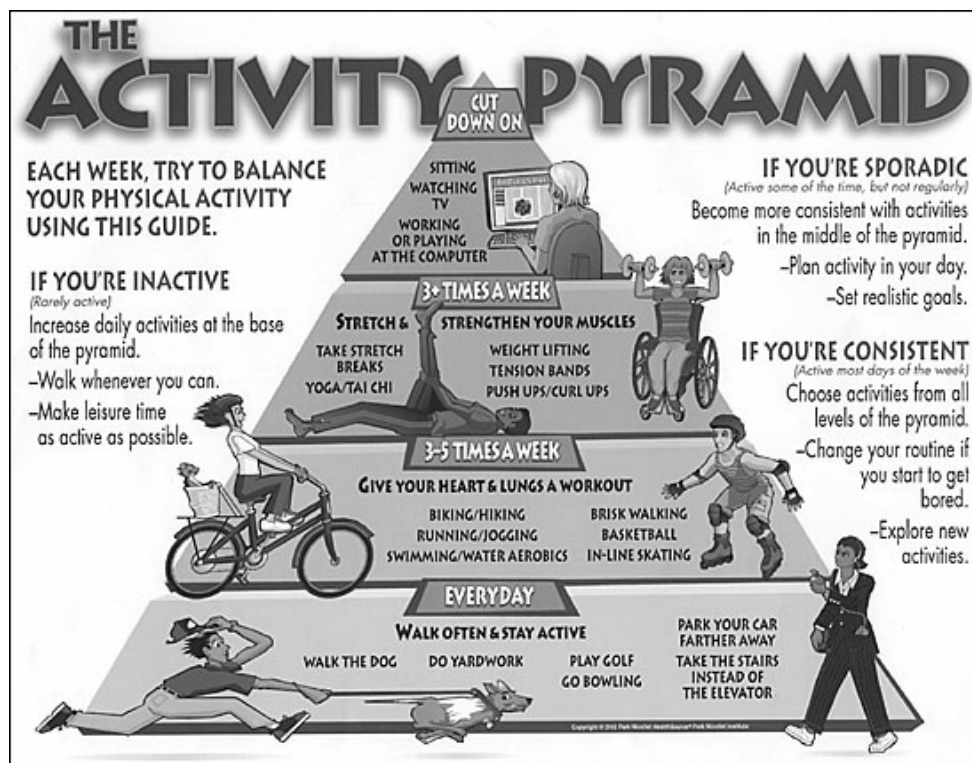
Benefits from Physical Activity

- Reduces the risk of developing coronary heart disease (CHD) and the risk of dying from CHD
- Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL – the “good” cholesterol)
- Lowers the risk of developing high blood pressure and helps reduce blood pressure in people who already have hypertension
- Lowers the risk of developing non-insulin-dependent (type 2) diabetes
- Helps people achieve and maintain a healthy body weight
- Promotes psychological well-being and reduces feelings of stress
- Helps build and maintain healthy bones, muscles, and joints

Tips for Adding Physical Activity

- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.

- Play with children or pets. Everybody wins. If you find it too difficult to be active after work, try it before work.
- Take fitness breaks-walking or doing desk exercises-instead of taking cigarette or coffee breaks.
- Perform gardening or home repair activities.
- Avoid labor-saving devices-turn off the self-propel option on your lawn mower or vacuum cleaner.
- Use leg power-take small trips on foot to get your body moving.
- Exercise while watching TV (for example, use hand weights, stationary bicycle/treadmill/stairclimber, or stretch).
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
- Make a Saturday morning walk a group habit.
- Walk while doing errands.



The Caloric Cost of Various Exercises

<u>Activity & Calories/10 min.</u>	<u>125 lbs</u>	<u>150 lbs</u>	<u>175 lbs</u>	<u>200 lbs</u>
Aerobics (traditional at high intensity)	95	115	134	153
Gardening	41	49	57	65
Racquetball	75	90	105	120
Running (9 min/mile)	109	131	153	174
Shopping	35	42	49	56
Sitting (reading or watching TV)	10	12	14	16
Sleeping	10	12	14	16
Standing (light activity)	20	24	28	32
Volleyball	28	34	40	45
Walking (15 min/mile)	44	52	61	70
Walking upstairs	150	175	202	229

<u>Activity & Calories/10 min</u>	<u>123 lb women</u>	<u>170 lb man</u>
Basketball	77	106
Cycling (5.5 mph)	36	49
Cycling (9.4 mph)	56	74
Cycling (racing)	95	130
Dance Exercise (High Impact Aerobics)	94	124
Dance Exercise (Low Impact Aerobics)	80	105
Football	74	102
Racquetball	76	107
Rope Skipping (slow)	82	116
Rope Skipping (fast)	100	142
Running (8 min/mile)	113	150
Running (11 ½ min/mile)	76	100
Skiing (Cross Country)	80	106
Stairmaster	88	122
Step Aerobics (4 inch bench)	48	66
Step Aerobics (6 inch bench)	58	80

Activity & Calories/10 min	123 lb women	170 lb man
Step Aerobics (8 inch bench)	67	92
Step Aerobics (10 inch bench)	75	104
Soccer	78	107
Swimming (back stroke)	95	130
Swimming (breast stroke)	91	125
Swimming (fast crawl)	87	120
Swimming (slow crawl)	95	130
Swimming (side stroke)	68	90
Swimming (treading water)	35	48
Tennis (singles)	61	81
Volleyball	28	39
Weight training (super circuit)	104	137
Weight training (muscular strength)	44	60
Weight training (muscular endurance)	58	80
Walking (3.5 mph)	45	59

*For 20, 30, or 40 minute increments, multiply the caloric value by the corresponding number 2, 3, or 4. Example: 20 minutes of walking (3.5 mph) for a 123 lb female-- 2 x 45 = 90 Calories.

Pedometers

Pedometers are worn on the hip and based on your body's movements; your pedometer will count your steps. When you enter your stride length, the pedometer will calculate your distance walked and with your weight it can calculate the approximate number of calories burned.

Why Use a Pedometer?

Pedometers can provide M-O-T-I-V-A-T-I-O-N.

More than 60% of adults do not achieve the recommended amount of physical activity, and 25% of adults are not physically active at all.

While many people believe only vigorous activity such as jogging and weight lifting count towards fitness, users who increase their number of steps consistently show improvement in weight, body fat, cholesterol level and overall fitness level.



When to Wear a Pedometer?

Many people wear their pedometer all day.

You may find that you take 4,000 to 6,000 steps on an average day. If your long term goal is 10,000 steps a day and your short term goal is 8,000 steps, by walking from a further parking space, walking your children to school, walking your dog, taking a stroll with a friend during lunch you can boost your number of steps without making walking a major activity. Your pedometer will tell you exactly how many steps you have added.

You can also use your pedometer just to track your number of steps and distance/calories when taking walks. If the pedometer is keeping you walking or walking more, you are using it correctly.

What is the Price Range of Pedometers?

Pedometers' costs can range from \$0.99 to \$40.00. For \$9.95 you can get an extremely accurate and reliable pedometer. With more expensive pedometers you will be paying for additional features such as distance and calorie calculation, radios, pulse monitoring and pedometers that talk to you. You will not necessarily receive increased accuracy with an expensive brand name pedometer.

Resources

Debra Orringer, Fitness Supervisor
KSC Fitness Centers
867-7829

Centers of Disease Control and Prevention
<http://www.cdc.gov/nccdphp/dnpa/physical/resources/index.htm>

The President's Council on Physical Fitness and Sports
http://www.fitness.gov/resources_factsheet.htm

References

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Remember, Physical Activity Can... Calderon, K. S. June 2004